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# Great Northwest Athletic Conference Cross Country Rosters

Great Northwest Athletic Conference

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# 2011 GNAC Cross Country Rosters

## ALASKA ANCHORAGE Seawolves

Men	Yr.	Hometown
Michael Adams **	Sr.	Anchorage, Alaska (Service)
Dylan Anthony	Fr.	Kodiak, Alaska (Chico State)
Brandon Brewster	Fr.	Anchorage, Alaska (South Anchorage)
Micah Chelimo**	Jr.	Kapkoi, Kenya (Tambach)
Thomas Hill **	Jr.	Thunder Bay, Ontario (St. Ignatius)
Alfred Kangogo***	Sr.	Eldoret, Kenya (Kitale Boys)
Issac Kangogo	Fr.	Eldoret, Kenya
Jake Parisien**	Jr.	Palmer, Alaska (Palmer)
Kevin Rooke	Fr.	Toronto, Ontario (Don Mills Collegiate)
Yonatan Yilma*	Sr.	Edmonds, Wash. (Woodway / Everett CC)

Women	Yr.	Hometown
Susan Bick*	So.	Anchorage, Alaska (Bartlett)
Bryn Haebe	Fr.	Evergreen, Colo. (Evergreen)
Shoshana Keegan***	Sr.	Anchorage, Alaska (Steller)
Ruth Keino***	Sr.	Kapcheno, Kenya (Aldai Girls)
Miriam Kipng'eno **	Jr.	Eldoret, Kenya (Girls Secondary)
Katie Krehlik*	Jr.	Juneau, Alaska (Juneau-Douglas)
Valerie Massie	Jr.	Snohomish, Wash. (Everett CC)
Ivy O'Guinn*	So.	Soldotna, Alaska (Skyview)
Christi Schmitz	So.	Northpole, Alaska (Corban)
Susan Tanui	So.	Eldoret, Kenya (Dallas Baptist)

**Head Coach** – Michael Friess **Assistants** – T.J. Garlitz

## ALASKA FAIRBANKS Nanooks

Men	Yr.	Hometown
Nolin Ainsworth	So.	Juneau, AK (Juneau-Douglas)
Lars Arneson	Jr.	Soldotna, AK (Cook Inlet)
Andrew Arnold	So.	Anchorage, AK (Grace Christian)
Kenneth Brewer	Fr.	
Joseph DeWilde	Sr.	North Pole, AK (North Pole)
Joseph Dillon	Fr.	
Stefan Hajdukovich	Fr.	
Logan Hanneman	Fr.	Fairbanks, AK (Lathrop)
Tyler Kornfield	Jr.	Anchorage, AK (Service)
Jonas Loffler	Fr.	Saint Margen, Germany (Robert Gerwig)
Ross MacDougall	Fr.	
Wyatt Mayo	So.	Fairbanks, AK (West Valley)
Ludwig Schott	Fr.	Furtwangen, Germany (Otto Hahn)
Tux Seims	So.	Horner, AK (Horner)
Erik Soderstrom	Sr.	As, Sweden (Palmcrantzskolan)
Ian Wilkinson	Sr.	Fairbanks, AK

Women	Yr.	Hometown
Jana Bennedix	Sr.	Fairbanks, AK (Lathrop)
Heather Edic	Jr.	Fairbanks, AK (Lathrop)
Rebecca Konieczny	Sr.	West Yellowstone, MT (West Yellowstone)
Kryston McPhetres	Fr.	Chugiak, AK (Chugiak)
Alyson McPhetres	So.	Chugiak, AK (Chugiak)
Heidi O'Connor-Brck	So.	Whitehorse, YT (FH Collins)
Crystal Pitney	Sr.	Fairbanks, AK (Colorado State)
Marit Rjabov	Jr.	Voru, Estonia (Audentes Sports)
Theresia Schnurr	Sr.	Buhlertal, Germany (Voehrenbach)
Raphaella Sieber	Jr.	Voehrenbach, Germany (Otto-Hahn)
Megan Thompson	So.	Fairbanks, AK (West Valley)

**Head Coach** – Scott Jerome **Assistant** – Matt Dunlap

## CENTRAL WASHINGTON Wildcats

Men	Yr.	Hometown
Ryan Loutsis	Fr.	Bothell, WA (Archbishop Murphy)
Nathan Minor*	So.	Mount Vernon, WA (Mount Vernon)
Wesley Mosier	Fr.	Federal Way, WA (Todd Beamer)
Matt Nodine**	Sr.	Ellensburg, WA (Whatcom CC)
Jacon Phipps	So.	Mount Vernon, WA (Skagit Valley)
Nathan Power*	So.	Burlington, WA (Burlington-Edison)
Scott Power***	Sr.	Burlington, WA (Burlington-Edison)
Manuel Santos**	Sr.	Yakima, WA (Davis – Clark CC)
Jon Swanson**	Jr.	Spokane, WA (Central Valley)
Ryan Thompson	Fr.	Edmonds, WA (Edmonds-Woodway)
Nick Treich	Fr.	Puyallup, WA (Emerald Ridge)
Peter Trojanello	Fr.	Yakima, WA (Eisenhower)
Cole Whitaker	So.	Huntington Beach CA (Lee)

Women	Yr.	Hometown
Briana Barton	Fr.	Evergreen, CO (D'Evelyn)
Shelby Bodily	Fr.	Camas, WA (Camas)
Brianna Bofinger	Fr.	Poulsbo, WA (Central Kitsap)
Chelsea Dowdell	Fr.	Everett, WA (Everett)
Sophie Hummer*	So.	Bellevue, WA (Holy Names)
Krissy McGill*	Sr.	Oak Harbor, WA (Everett CC)
Bri Petersen	Fr.	Oak Harbor, WA (Oak Harbor)
Chelsie Rommel	Fr.	Lynden, WA (Meridian)
Adriana Zazula*	Jr.	Puyallup, WA (John Rogers)

**Head Coach** – Kevin Adkisson **Assistant** – Bryan Conteras.

## MONTANA STATE BILLINGS Yellowjackets

Men	Yr.	Hometown
Casey Alberta	Fr.	Billings, MT (Billings Senior)
Ryan Blomback	Jr.	Belgrade, MT (Manhattan)
Travis Buttelman	So.	Three Forks, MT (Three Forks)
Taylor Canfield	Sr.	Manhattan, MT
Travis Hutchinson	Sr.	Billings, MT (Billings Senior)
Dylan Lammers	Fr.	Pocatello, ID (Century)
Daniel Lombardi	Sr.	Deer Lodge, MT
Logan Mossey	Jr.	Lewistown, MT
Robert Peterson	Fr.	Billings, MT (Skyview)
Brian Potter	Jr.	Manhattan, MT (Montana State)
Chase Robinson	So.	Colstrip, MT
Matt Ross	So.	Billings, MT (Billings Senior)
Tyson Vanderby	Sr.	Manhattan, MT
Ethan Wilhelm	Fr.	Bozeman, MT

Women	Yr.	Hometown
Melanie Bock	So.	East Helena, MT (Helena)
Elizabeth Brown	Fr.	Colstrip, MT
Keri Clump	So.	Wasilla, AK
Renae Hepfner	Fr.	Belt, MT
Theresa Lombardi	Fr.	Deer Lodge, MT (Powell County)
Alex McBroom	Fr.	Helena, MT
Katelynn Meyer	Fr.	Billings, MT (Billings Senior)
Whitney Mickelsen	Jr.	Aurora, UT (North Sevier)
Mary Owen	Jr.	Hammond, MT (Broadus)

**Head Coach** – Dave Coppock

## NORTHWEST NAZARENE Crusaders

Men	Yr.	Hometown
Jesse Baggenstos	Jr.	Renton, WA (Kentridge)
Alex Crystal	Sr	Kimberly, ID (Kimberly)
Kaleb Fleenor	Fr.	
Michael Gordon	Fr.	
Luke Hetrick	Sr.	Caldwell, ID (Greenleaf Friends)
Jacob Hollander	Fr.	
Josh Merioles	Sr.	Valdez, AK (Valdez)
Benard Ngeno	Jr.	Roret, Kenya (Litein)
Matt Rankin	Jr.	Ontario, OR (Ontario)
Matt Stark	Sr.	Meridian, ID (Mountain View)
Barak Watson	Jr.	Nampa, ID (Columbia)
Justin Webb	So.	Wesier, ID (Weiser_
Women	Yr.	Hometown
Danielle Beesley	Sr.	Caldwell, ID (Nampa Christian)
Hailey Bradshaw	Fr.	
Christina Ciampi	Fr.	
Missy Colby	So.	
Natalie Evans	So	New Plymouth, ID (New Plymouth)
Christine Harwood	Jr.	Pendleton, OR (Pendleton)
Marie Miller	So.	The Dalles, OR (TD-Wahtonka)
Jordan Powell	Jr.	Nampa, ID (Columbia)
Meagan Swenson	Jr.	Salem, OR (Salem Academy)

**Head Coach** – John Spatz

**Assistants** – Ben Gall, Jake Perry, Ashley Puga

## SAINT MARTIN'S Saints

Men	Yr.	Hometown
Joe Berger	So.	Enumclaw, WA
Devon DeMoss	So.	Olalla, WA
AJ Hendricks	So.	Lakewood, WA (Lakes)
Spencer Hunt	Sr.	Onalaska, WA
Frank Krause	Fr.	Onalaska, WA
Alexander Nelson	Fr.	Renton, WA (Lindbergh)
Joseph Patti	Jr.	Renton, WA (Lindbergh)
Guy Simpson III	Fr.	Rainier, WA (Yelm)
Jacob Suazo	Sr.	Lakewood, WA (Lakes)
Kyle Van Santen	Sr.	Lake Stevens, WA)
Women	Yr.	Hometown
Carelia Agis	Jr.	Tacoma, WA (Washington)
Lindsay Anderson	Fr.	Tumwater, WA
Brittany Blake	Fr.	Shoreline, WA (Blanchet)
Erika Copeland	So.	Port Orchard, WA (South Kitsap)
Caitlin Fewins	So.	Puyallup, WA (Bellarmino Prep)
Jennifer Hickey	Fr.	Tacoma, WA (Bellarmino Prep)
Ashley Llapitan	Jr.	Buckley, WA (White River)
Joscelyn Minton	Sr.	Shelton, WA (Northwest Christian)
Kaitlynn Pecha	Sr.	Omak, WA
Beatriz Ramirez	Fr.	Olympia, WA (Northeastern)

**Head Coach** – Julie Sullivan

**Assistant** - Malcolm Dunn

## SEATTLE PACIFIC Falcons

Men	Yr.	Hometown
Ryan Alcantara	Fr.	Medford, OR (Cascade Christian)
AJ Baker**	Jr.	AuGres, MI (AuGres-Sims)
Gavin Brand**	Jr.	Suwanee, GA (Peach Tree Ridge)

Daniel Hamilton***	Sr.	Missoula, MT (Sentinel)
Will Harrison**	Jr.	Tucson, AZ (Catalina Foothills)
Sam Hendren	Fr.	Seattle, WA (Roosevelt)
Alex Horton	Fr.	Kent, WA (Kentridge)
Seth Pierson	Fr.	Cashmere, WA (Cashmere/Everett CC)
Nate Seely**	Jr.	Lynden, WA (Lynden)
Nathanael Sleight***	Sr.	Bellevue, WA (Bellevue Christian)
Tavish Taylor	Fr.	Port Angeles, WA (Port Angeles)
Trevor Taylor	Fr.	Port Angeles, WA (Port Angeles HS)
Jacob Wahlenmaier**	Sr.	Everett, WA (Cascade)
Turner Wiley	Fr.	Issaquah, WA (Issaquah)
Jordan Wolfe	Fr.	Bend, OR (Mountain View)
Stephen York*	So.	Newberg, OR (Newberg)

Women	Yr.	Hometown
Josie Becker*	Sr.	Grapeview, WA (White River)
Alli Cutting*	So.	Sequim, WA (Sequim)
Elizabeth Doe	Fr.	Lakenheath, England (Lakenheath)
McKayla Fricker*	So.	Canby, OR (Canby)
Alexis Frynboe	Sr.	Tacoma, WA (Mount Rainier Lutheran)
Jasmine Johnson	Fr.	Federal Way, WA (Federal Way)
Megan Knappe*	So.	Rockland, MI (Rockland)
Heidi Laabs-Johnson	Jr.	Salt Lake City, UT (Juan Diego)
Gracie Libby	So.	Black Diamond, WA (Tahoma)
Natty Plunkett***	Sr.	Bellevue, WA (Newport)
Robyn Zeidler	Fr.	Plymouth, MN (Wayzata)

**Head Coach** – Erika Daligcon

**Assistant** – Letiwe Patton, Doris Heritage

## SIMON FRASER Clan

Men	Yr.	Hometown
Samir Dhanani	Sr.	Surrey, BC
Adam Reid	Sr.	Bowen Island, BC
Keir Forster	Sr.	San Roman, CA
Christopher Dinsdale	Jr.	Quesnel, BC (Corrielieu)
James Young	Jr.	Surrey, BC (Enver Creek)
Zachary Conard	Jr.	Everett, WA (Archbishop Murphy)
Travis Vugteveen	So.	Chilliwack, BC (Unity Christian)
BJ Cunliffe	Fr.	Courtice, ON
Anton Humeniuk	Fr.	Vancouver, BC
Austin Trapp	Fr.	Elmira, ON
Jason Mauron	Fr.	Surrey, BC
Martin Palibroda	Fr.	Fort St. John, BC

Women	Yr.	Hometown
Jessica Smith	Sr.	North Vancouver, BC (Argyle)
Brianna Kane	Sr.	Roberts Creek, BC
Olivia Brennan	Sr.	Regina, SK (Michael A. Riffel)
Helen Crofts	Sr.	West Vancouver, BC (West Vancouver)
Emma Vogt	Sr.	Burnaby, BC (Burnaby South)
Michaela Kane	Jr.	Roberts Creek, BC (Elphinstone)
Kristyn Webster	Jr.	Vancouver, BC (Killarney)
Lindsey Butterworth	So.	North Vancouver, BC (Handsworth)
Madeleine Barker	So.	Sherbrooke, QE
Kirsten Allen	So.	London, ON (Saunders)
Caitlin Dell	So.	Salmon Arm, BC (Salmon Arm)
Kimberley Doerksen	Jr.	Gibsons, BC (Elphinstone)
Evangeline Gifford	So.	Kootenay, BC (Rossland)
Sarah Sawatzky	Jr.	Chilliwack, BC (Sardis)
Heather Carviel	So.	Port Coquitlam, BC (Terry Fox)
Leah Regan	Fr.	Maple Ridge, BC

**Head Coach** – Brit Townsend

## WESTERN OREGON Wolves

<b>Men</b>	<b>Yr.</b>	<b>Hometown</b>
Brady Beagley	So.	Grants Pass, OR (North Valley)
Ryan Chapman	Jr.	Yakima, WA (Eisenhower)
James Croft	So.	Central Point, OR (Crater)
Lukas Fenley	Sr.	Leaburg, OR (Thurston)
Ryan Hansen	Fr.	Dallas, OR (Santiam Christian)
Connor Kasler	Jr.	Grants Pass, OR (Hidden Valley)
Drew Larson	Fr.	Lake Stevens, WA (Lake Stevens)
Kyle Larson	Sr.	Lake Stevens, WA (Lake Stevens)
Zach Massari	Sr.	Scio, OR (Scio)
Chris Olsen	Jr.	Gresham, OR (Putnam/Clackamas CC)
Alan Roy	Fr.	Reedsport, OR
Michael Shogren	So.	Albany, OR (West Albany)
Dan Sprinkle	Sr.	Hillsboro, OR (Century)

<b>Women</b>	<b>Yr.</b>	<b>Hometown</b>
Nicole Anderson	Fr.	Packwood, WA (White Pass)
Meryl Butcher	Sr.	Clackamas, OR (Clackamas)
Kayanna Cecchi	Sr.	Gresham, OR (Gresham)
Lauren Copenhagen	Jr.	Canby, OR (Canby)
Janelle Everetts	Sr.	Salem, OR (McKay)
Megan Everetts	Sr.	Salem, OR (McKay)
Audrey Hellesto	Fr.	Philomath, OR (Philomath)
Jenny Leaf	So.	Boulder, CO (Fairview)
Afton McKinlay	Fr.	Spokane, WA (Mt. Spokane)
Ali Mosher	Sr.	Gresham, OR (Gresham)
MacKenzie Naffziger	So.	Bend, OR (Summit)
Rachel Shelley	Fr.	Portland, OR (David Douglas)
Zoe Skordahl	Sr.	Oakridge, OR (Oakridge)
Larissa Stillinger	Fr.	Merrill, OR (Lost River)
Ashley Taylor	So.	Yelm, WA (Yelm)
Amanda Wright	Sr.	Olympia, WA (Capital)

**Head Coach** – Mike Johnson

**Assistants** – Isaac Frederick, Chris Reed, Lacey Meusec

## WESTERN WASHINGTON VIKINGS

<b>Men</b>	<b>Yr.</b>	<b>Hometown</b>
Nick Abraham***	Sr.	Sammamish, WA (Skyline)
Jeremy Anderson	Jr.	Chimacum, WA (Chimacum)
Graham Armstrong*	So.	Manhattan, KS (Manhattan)
Brian Bates	Fr.	Anselmo, CA (Sir Francis Drake)
Tanner Boyd*	Jr.	Camas, WA (Camas)
Eric Brill***	Sr.	Kent, WA (Kentwood)
Tyler Cannon	Jr.	Kennewick, WA (Kamiakin/BYU)
Ryan Cavola	Fr.	Vancouver, WA (Skyview)
Dak Riek	So.	Everett, WA (Mariner/Spokane CC)
Scott Felch	Jr.	Marysville, WA (Pilchuck/Everett CC)
Marc Fuhrmeister*	So.	Bellingham, WA (Squalicum)
Brad Garrett	So.	Port Angeles, WA (Port Angeles)
Brian Glassey	So.	Crestline, CA (Rim of the World/Riverside CC)
Keegan Hall	Fr..	Gig Harbor, WA (Peninsula)

Taylor Hanson	So.	Port Angeles, WA (Port Angeles)
Nick Howe	Fr.	Arlington, WA (Lakewood)
Chip Jackson*	So.	Shoreline, WA (Shorewood)
Kyle Johnson**	Sr.	Nine Mile Falls, WA (Lakeside)
Will Jones	Fr.	Vancouver, WA (Columbia River)
Sam Lyons	Fr.	Burlingame, CA (Burlingame)
Justin Marshall	Jr.	Lake Stevens, WA (Everett CC)
Ashkon Nima	Fr.	Bothell, WA (Bothell)
Travis Peters	Jr.	Kelso, WA (Kelso/UW)
Dylan Peterson*	So.	Seattle, WA (Garfield)
Andy Randles	Jr.	Spokane, WA (Gonzaga Prep)
Tabor Reedy	Fr.	Poulsbo, WA (North Kitsap)
Joshua Reiter	Fr.	Camas, WA (Camas)
Jesse Roberson	Sr.	Tacoma, WA (Wilson)
Trevor Robinson	Fr.	Seattle, WA (Nathan Hale)
Otto Schmidt*	So.	Shaw Island, WA (Friday Harbor)
Tyler Schwecke	Fr.	Woodinville, WA (Woodinville)
Max Singler	Fr.	Seattle, WA (Blanchet)
Dustin Sjoerdsma	Fr.	Redwood City, CA (Carlmont)
Derek Slaughter*	Jr.	Spokane, WA (Shadle Park)
Patrick Spilsbury	Jr.	Burlington, WA (Burlington-Edison/SVCC)
Dylan Sweeney	Fr.	Bonniers Ferry, ID (Bonniers Ferry)
Braden Timpe	Fr.	Enumclaw, WA (Enumclaw)
Tim Welch	Jr.	Nine Mile Falls, WA (Lakeside/Everett CC)

<b>Women</b>	<b>Yr.</b>	<b>Hometown</b>
Lauren Breihof***	Sr.	Vancouver, WA (Mountain View)
Sierra Brisky***	Sr.	Acme, WA (Mount Baker)
Brenna Condon	Fr.	Snohomish, WA (Glacier Peak)
Hannah George	So.	Gig Harbor, WA (Peninsula)
Sigourney Gundy	Fr.	Clarkston, WA (Asotin)
Phoebe Hartnett**	Jr.	San Diego, CA (Patrick Henry)
Kendra Hedges***	Sr.	Lake Stevens, WA (Lake Stevens)
Haida Ikeda*	So.	Issaquah, WA (Issaquah)
Rachael Johnson**	Sr.	Yakima, WA (West Valley/Seattle U.)
Miranda Lahman*	So.	Boulder, CO (Niwot)
Kendra Miller	Sr.	Lake Stevens, WA (Lake Stevens)
Lacey Nation*	Jr.	Marysville, WA (Lakewood/Gonzaga)
Haley O'Connor	Fr.	Sammamish, WA (Eastlake)
Erin Philbeck	So.	Seattle, WA (Ballard)
Mary Rogers**	Jr.	Spokane, WA (Shadle Park)
Eleanor Siler	Sr.	Spokane, WA (Lewis & Clark)
Katelyn Steen	Fr.	Sammamish, WA (Eastlake)
Mikhaila Thornton	Fr.	Bend, OR (Mountain View)
Maria Ujifusa*	Jr.	Snohomish, WA (Snohomish)
Arielle Walton*	So.	Issaquah, WA (Issaquah)
Brooke Warren	So.	Phoenix, AZ (Sandra Day O'Connor)

**Head Coach:** Pee Wee Halsell

**Assistants:** Bill Roe, Kever Henry, Christina Ashby